



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Gebehart, Achim

Total time: 1:23:38

Club: SV Bergisch Gladbach 1920/71

Number: 208

Course: 25.70 km

Rank in course/Total: 39 (of 116)

Volksdistanz (0,70-20,00-5,00)

Rank in course/Men: 36 (of 92)

Best time in course: 1:03:19

Category:

Rank in category: 4(of 10)

Senioren 3 (50-54 Jahre)

Best time in the category: 1:10:23

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.70	13:24	19:08	1	-	15	3:45	0.70	13:24	19:08	1	-	65	
Schwimmen Net	0.70	13:24	19:08	1	-	65		0.70	13:24	19:08	1	-	65	
Wechsel Schwim	0.05	2:14	44:39	6	0:32	34	1:02	0.75	15:38	20:50	4	0:32	54	
Schwimmen Total	0.75	15:38	20:50	4	0:32	54		0.75	15:38	20:50	4	0:32	54	
ZZ Rad	10.00	23:22	2:20	7	3:33	56	5:54	10.75	39:00	3:37	3	0:43	73	
Rad Ende	10.00	20:50	2:04	6	2:31	52	5:51	20.75	59:50	2:53	4	10:33	81	
Wechsel Rad-Lau	0.05	1:14	24:40	5	0:23	41	0:35	20.80	1:01:04	2:56	4	10:36	81	
Rad Total	20.05	45:26	2:15	8	10:04	65	10:49	20.80	1:01:04	2:56	4	10:36	81	
ZZ Lauf	2.50	11:05	4:26	4	1:27	24	2:14	23.30	1:12:09	3:05	4	12:03	80	
Lauf	2.50	11:29	4:35	4	1:12	25	2:07	25.70	1:23:38	3:15	4	13:15	36	20:19